



Youth Volunteer Vacations Menu

Meals during the week may include:

Vegetarian



Vegan



Nut-free



BREAKFAST

Oatmeal or cereal with fruit and fixings	 
Egg & veggie sausage muffin sandwich	 
Breakfast burritos	 

LUNCH & SNACKS

Sandwich Bar: deli meat, tuna, tofurky, hummus, sunflower butter & jelly and other fixings/condiments	  
Potato chips, clif bars, apples, clementines, nut sleeves, jerky, trail mix, candy bars, granola bars	 

DINNER

Spaghetti and red sauce with salad and bread	 
Veggie burgers and sweet potato fries	 
Burrito bar	 
Split pea turmeric curry and quinoa	 
Vegetable yakisoba and tofu	 
Tortilla soup	 

DESSERTS

Cookies: chocolate chip, ginger, lemon	  
S'mores: chocolate bar, marshmallows, graham crackers	 
Pie, variety	 
Plant-based cheesecake	 

All meals on Youth and Adult Volunteer Vacations can easily be adjusted to accommodate dietary needs like vegetarian, vegan, dairy-free, gluten-free, nut-free and more! Please reach out to volunteer@wta.org if you have questions about dietary restrictions.